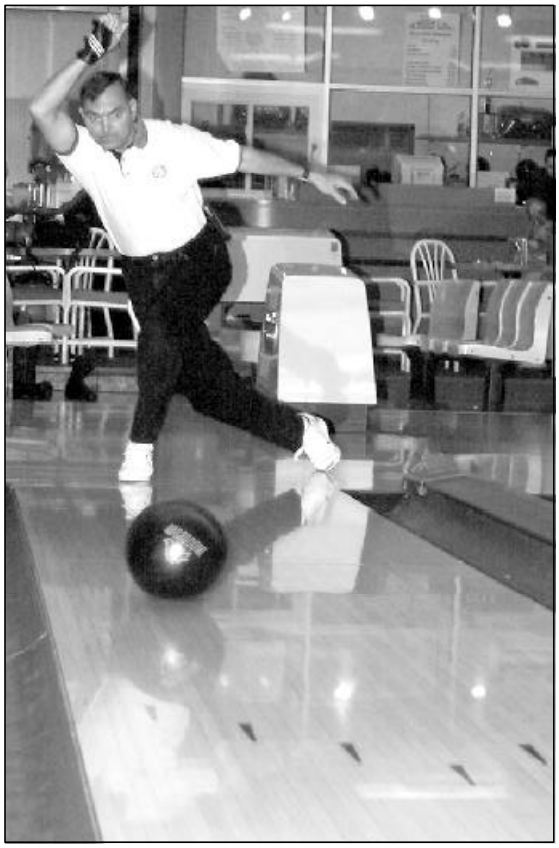
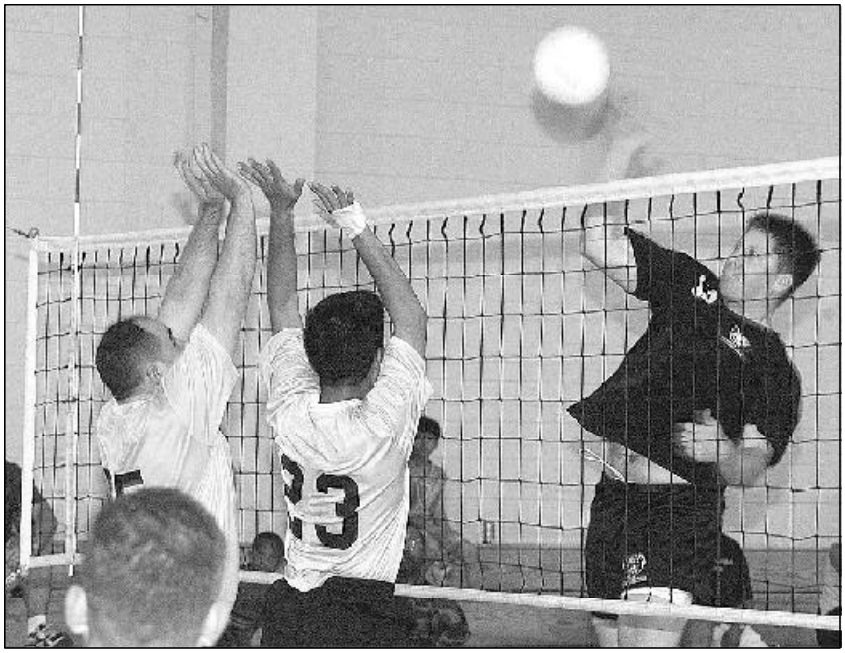
Fitness & Sports

LSS, Combat Camera win intramural championship titles





Senior Airman Corey Clements

Scott Demuth (right) of 1st CTCS spikes the ball during a championship game against Navy Hospital. CTCS won the first game, 28-26, but Navy Hospital bounced back to win the second game, 21-12. In the deciding championship game, CTCS won, 15-6.

At left, William Ridler and the LSS bowling team defeated 437 TRANS last week to win the intramural bowling title. Other members of the team are Paul Brown, Jeff Crawford, Al Boccitto, William Crosby, Jeffrey Elliot, Mathew Mercer and Jenny Williams.

Staff Sgt. Michael Duhe

Sports line

HAWC news: Beginning May 5, the Health and Wellness Center cardio room will be closed for remodeling. All fitness equipment will be moved to the Fitness and Sports Center.

Also, no cycle ergometry tests will be conducted from May 18-June 5.

For more information, call 963-4007.

Bowling tourney: Sign up now for the Armed Forces Week Bowling Tournament at Marrington Lanes, scheduled for May 24 at 6:30 p.m. The tournament will offer three games: 3-6-9 (automatic strikes in third, sixth, and ninth frames); 9-Pin No Tap (9 pins on first ball counts as a strike); and 8-Pin No Tap (8 pins on first ball counts as a strike). The cost is $10 per person, which includes the cost of bowling and prize fund. Walk-on entries will be accepted up to 15 minutes prior to start time, subject to lane availability.

To sign up, call Greg Snyder at 764-7235.

Intramural Standings

Softball

1. 437 AGS 1
2. APS
3. CS/SVS
4. CES
5. 373 TRS/LSS
6. Navy Hospital
7. SUP 1
8. MXS 1
9. SFS
10. Flyers
11. Med Group
12. 437 AW
13. 1 CTCS
14. SUP 2
15. OSS
16. LGT
17. MXS 2
18. 437 AGS 2

Riverdogs tickets: The Outdoor Recreation Center now has $3 vouchers for Charleston Riverdogs baseball games. For details, call 963-5271.

Charleston Battery: May 20 is Military Night as the Charleston Battery takes on the Raleigh Express at the Battery's new Blackbaud Stadium. The game begins at 7:30 p.m. For tickets, call the Outdoor Recreation Center at 963-5271.

EMS claims exposed in recent study

Capitalizing on the age-old "get fit quick" myth, Electrical Muscle Stimulation ads have become a mainstay of late night television, the Internet and many in-flight magazines. Most promise "rock solid abs" and firmer thighs and buttocks -- all without breaking a sweat. However, according to a new American Council on Exercise study, this type of EMS is ineffective, time consuming and -- at times -- even painful.

A common and effective physical therapy procedure, EMS is used to stimulate specific muscles by channeling electrical impulses into the body via wire connections and rubber pads. Although EMS is used successfully in the rehab environment, ACE enlisted exercise scientist Dr. John Porcari to investigate the advertised weight loss and strength-related claims of the in-home EMS units.

Porcari and his team from the Human Performance Lab at the University of Wisconsin, La Crosse recruited 29 college-aged volunteers to test the effectiveness of EMS in promoting weight and fat loss, increasing strength and improving overall appearance. Prior to beginning the study, subjects' weight, body fat, body size and strength were measured. Participants were also photographed, reviewed and graded for firmness and tone using a 10-point scale.

Five EMS units were purchased for use in the study, representing the average in-home EMS units. Porcari asserts that the purpose of this study was to determine the effectiveness of in-home EMS.

Seventeen subjects were placed in the EMS group, 12 in the control group.

Subjects in both groups underwent electrical stimulation three times per week for eight weeks following the manufacturer's recommendations. The machines used by the control group were altered so as not to deliver any electrical current.

Stimulation targeted the triceps, quadriceps, bilateral biceps, hamstrings and abdominal muscles.

"Applying the electrodes proved to be difficult and time-consuming," reports Dr. Porcari. "In the time it took to attach the electrodes and do the stimulation, the subjects could have easily completed an effective cardio or strength training workout."

After eight weeks of EMS "training," subjects experienced no significant changes in weight, body-fat percentage, strength or overall appearance. Some subjects reported that the EMS sessions were painful when high levels of stimulation were used.

"In-home EMS has little practical significance or carryover benefit," adds Dr. Porcari. "People need to realize that these units are going to provide very little health benefit as compared to aerobic exercise or a regular resistance-training program." *(Courtesy of the American Council on Exercise, a nonprofit organization dedicated to promoting the benefits of physical activity and protecting consumers against unsafe and ineffective fitness products and instruction.)*